BLADEZ®

R400

OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

FOR SERVICE PLEASE CONTACT BLADEZ FITNESS
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BLADEZ®

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Introduction

Congratulations on your purchase of Bladez Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from Bladez Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

Note: Please check all packaging material carefully, the power adaptor is included with your machine and can be easily overlooked. It is located in the packing material and usually in a white box.

SAFETY INFORMATION

PRECAUTIONS

This equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP exercising and SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Bladez Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 330 lbs (150 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception. This can be determined by turning the equipment off and on. The user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocation the receiving antenna
- Increase the separation between the equipment and the receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD
This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION
As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS
Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP
Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

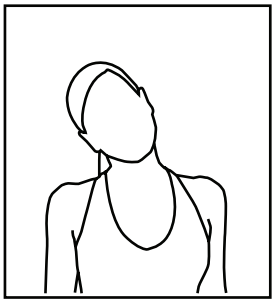
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

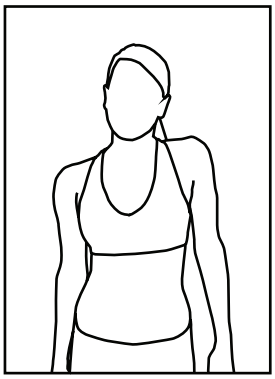
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



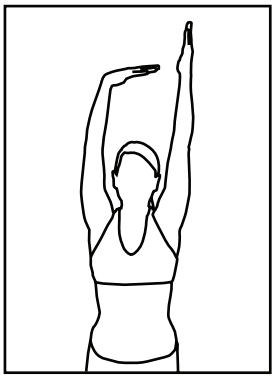
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



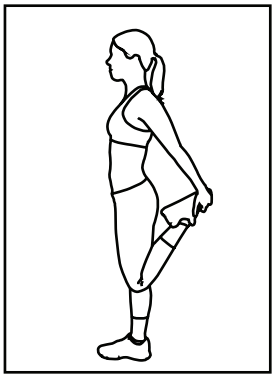
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



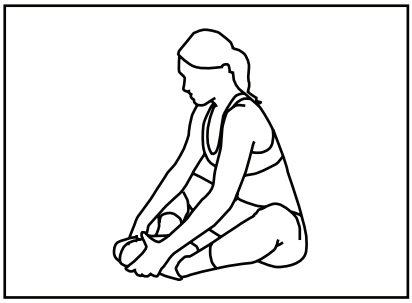
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

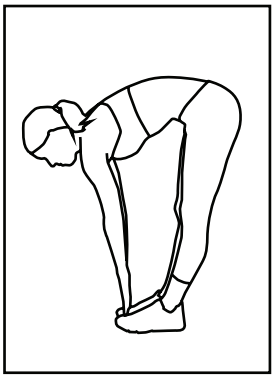


SUGGESTED STRETCHES

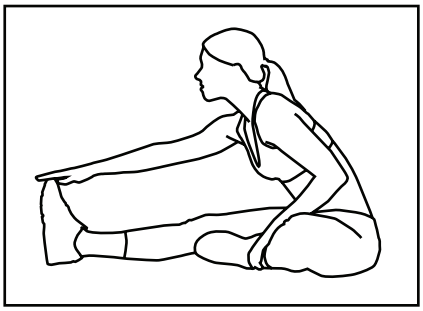
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

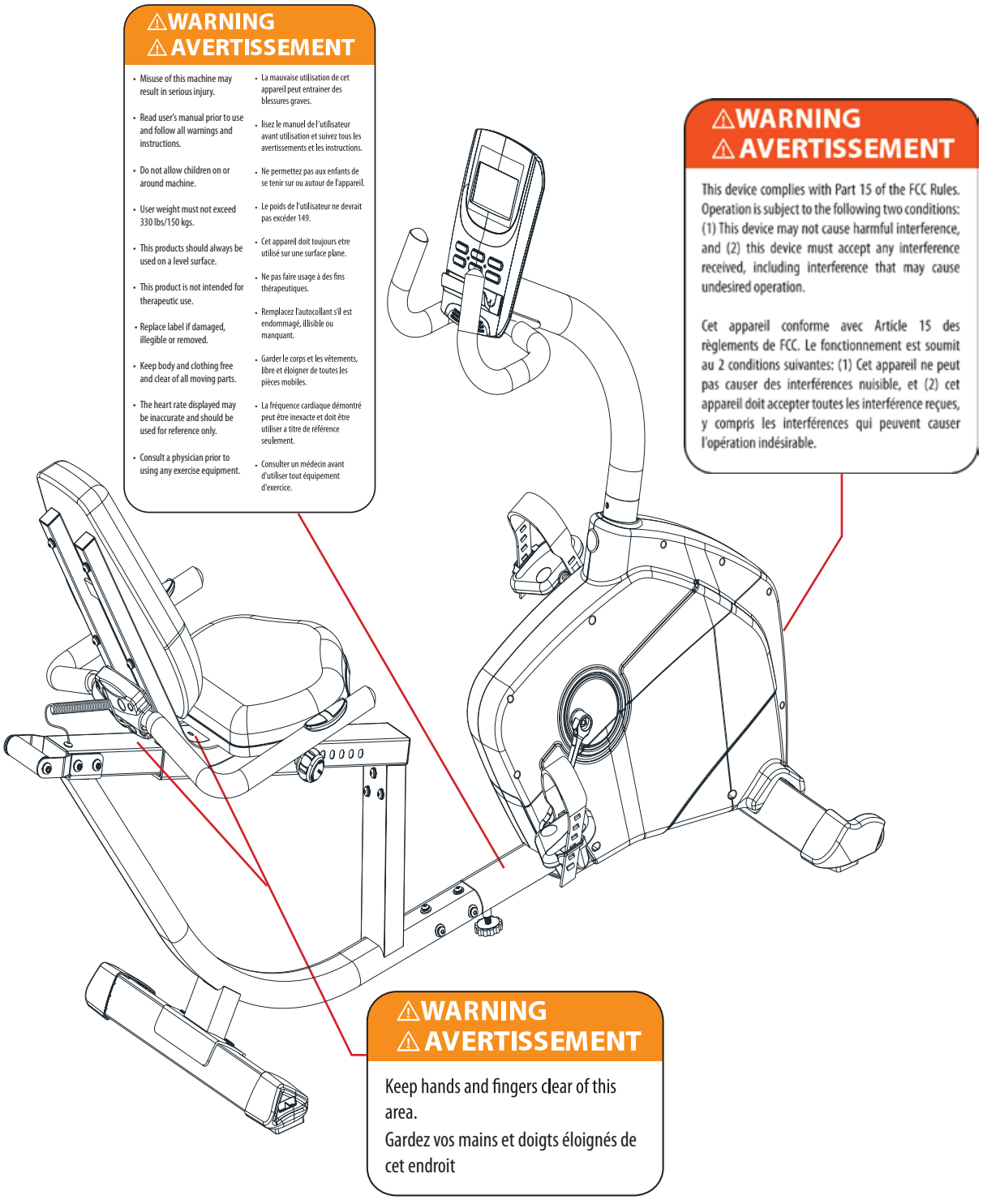


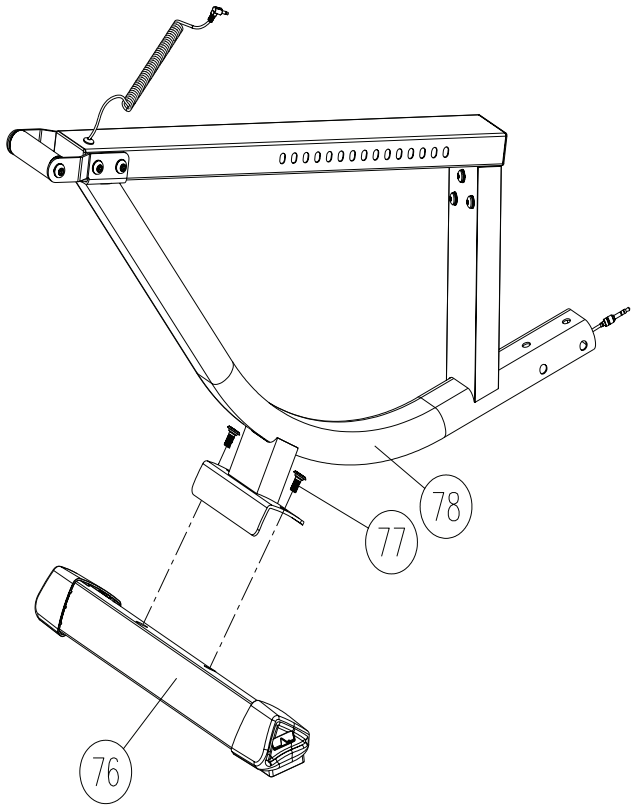
Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

ASSEMBLY INSTRUCTIONS AND WARNING LABELS

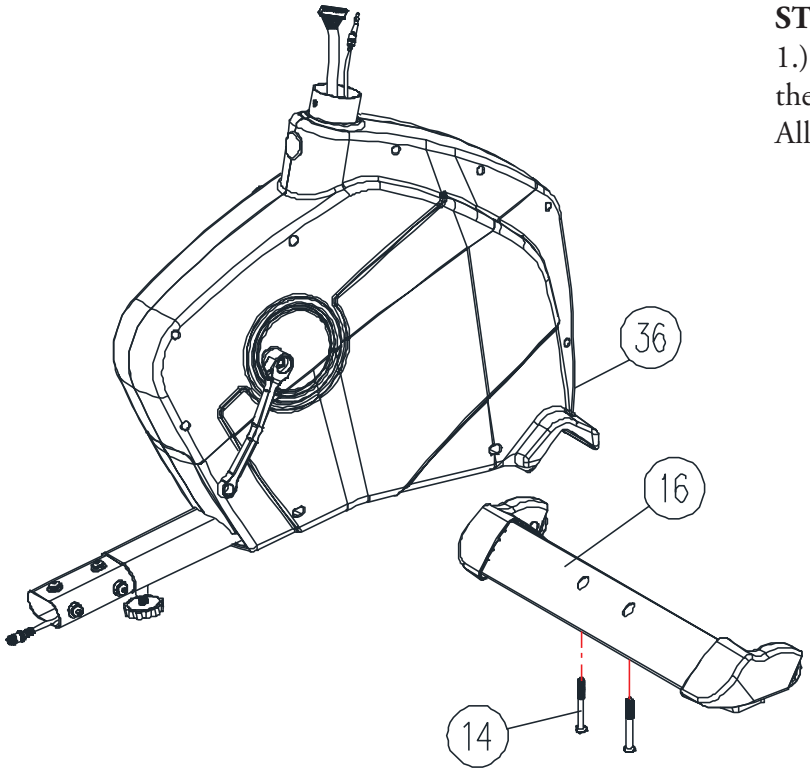




STEP 1

1.) Attach the Rear Stabilizer (76) onto the Seat Support Tube (78) with the 2xM8 Allen bolt (77), then tighten and secure fully.

Note: You can adjust the Rear End Cap to keep the Magnetic Bike stable.



STEP 2

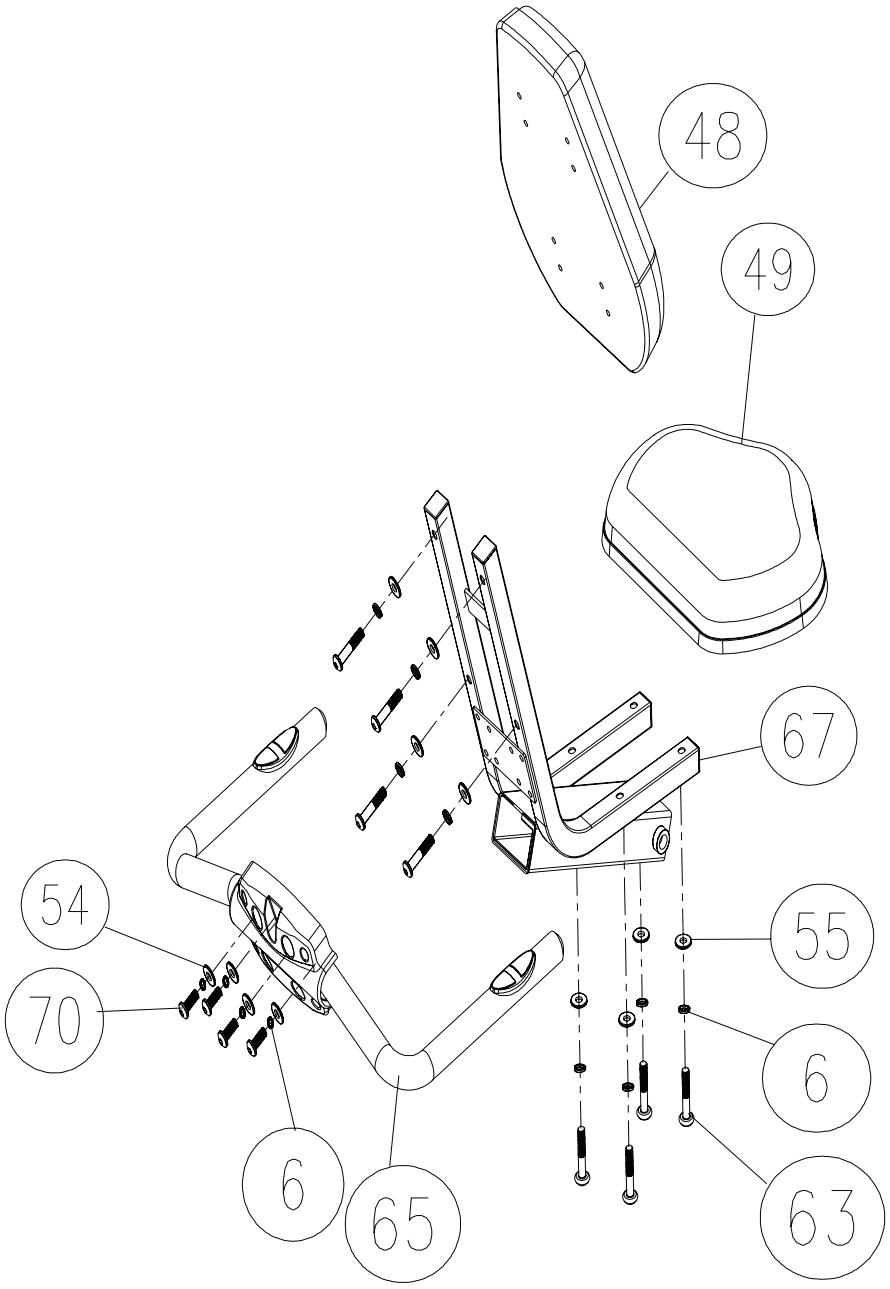
1.) Attach the Front Stabilizer (16) onto the Main Frame (36) with the 2xM8 Allen bolt (14), tighten and securely.

STEP 3

1.) Attach the Backrest (48) onto the Seat post (67) and secure it with 4×M8 Allen Bolts (63), 4×M8 Spring washers (6) and 4×M8 Flat washers (55).

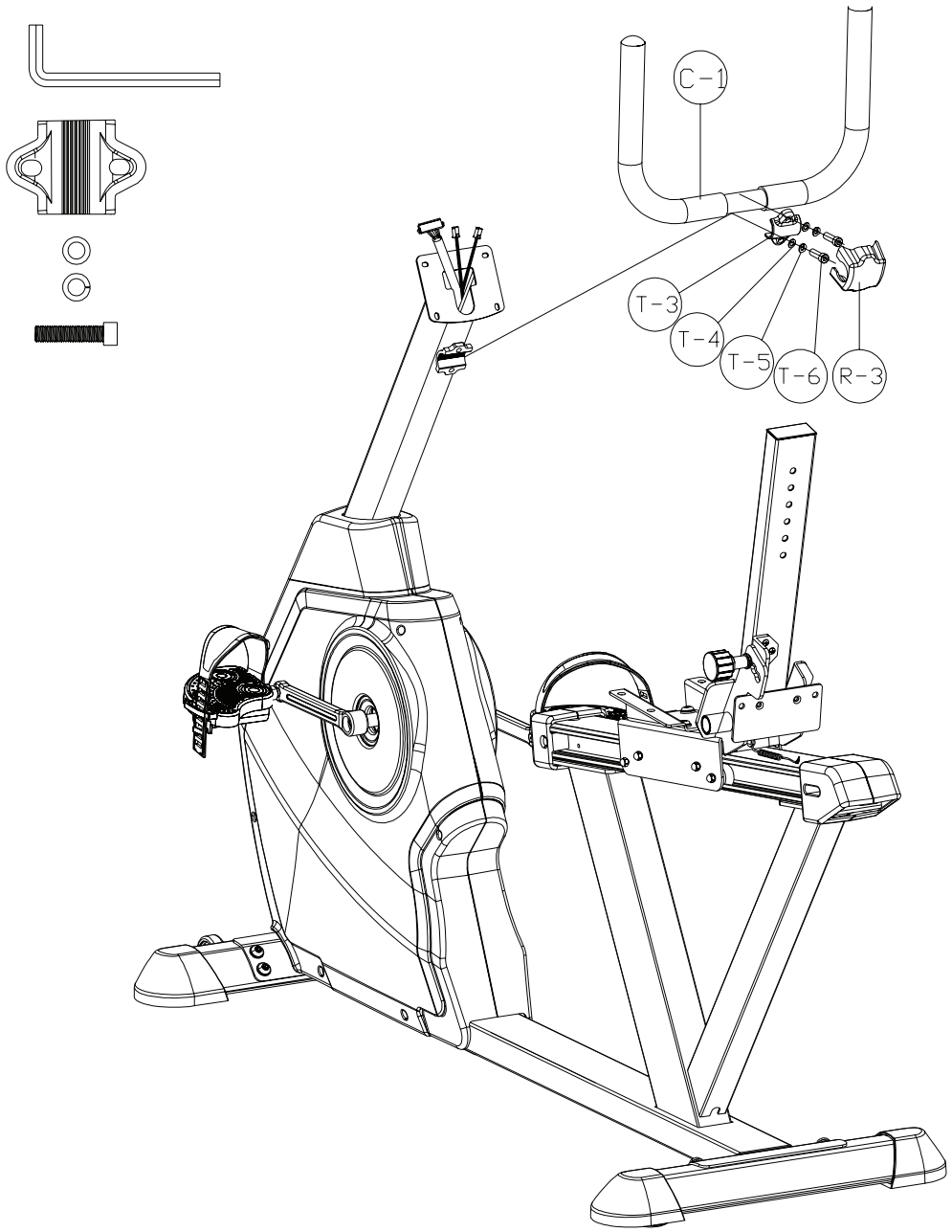
2.) Attach the Saddle (49) onto the seat post and secure it with 4×M8 Allen Bolts (63), 4×M8 Spring washers (6) and 4×M8 Flat washers (55).

3.) Attach the handle bar (65) onto the back of the seat post (67) and secure it with 4×M8 Allen Bolts (70), 4×M8 Spring washers (6) and 4×M8 Flat washers (54).



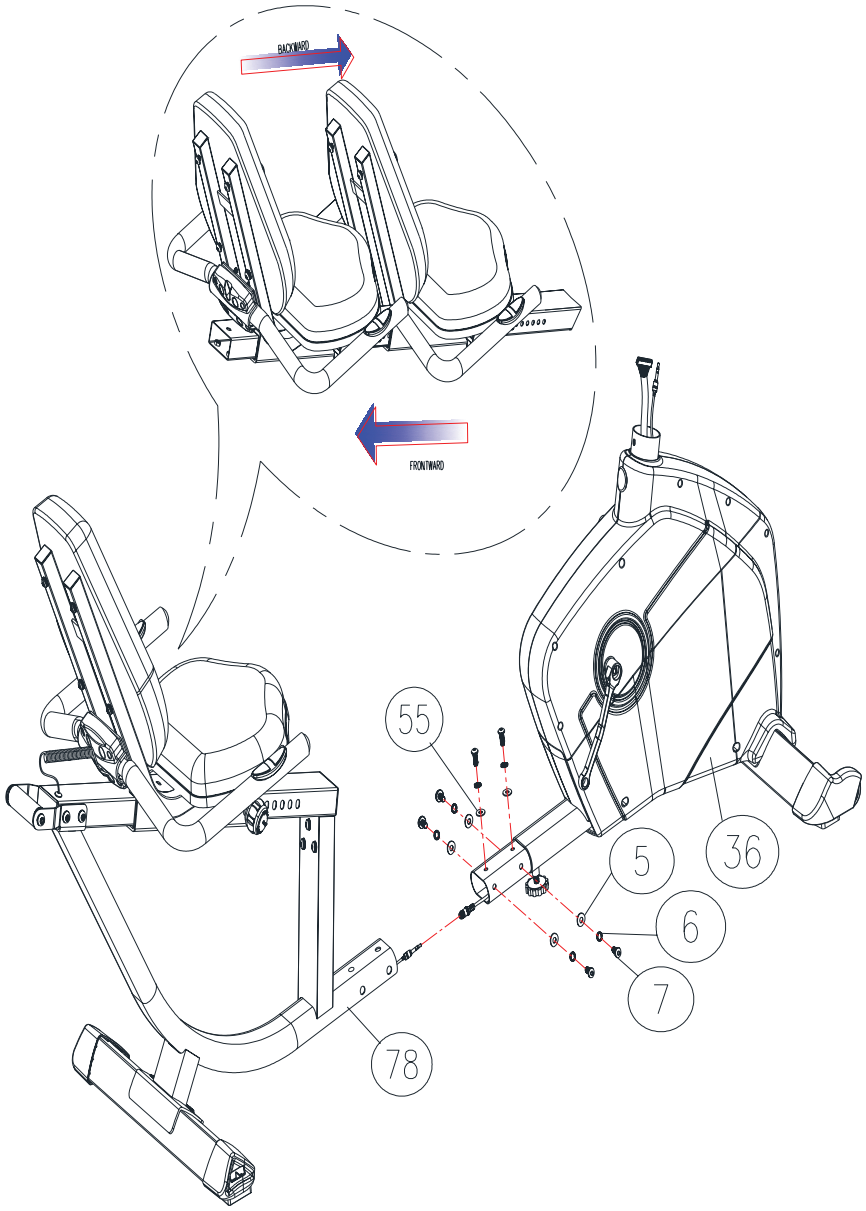
STEP 4

1.) Place the Sliding Beam (57) into the Seat Post (67), secure it with Quick Release Knob (62).
2.) Place the Lower hand pulse cable (56) through the rear hole of the Sliding Beam (57). Insert the plug of the Lower hand pulse cable (56) into the back hole of the Seat Post (67).
3.) Attach the sliding beam (57) onto the Seat Tube (78) and secure it with Connecting Plate (53), 9×M8 Allen bot (7), 9×M8 Spring Washer (6) and 9×M8 Flat washer (55).



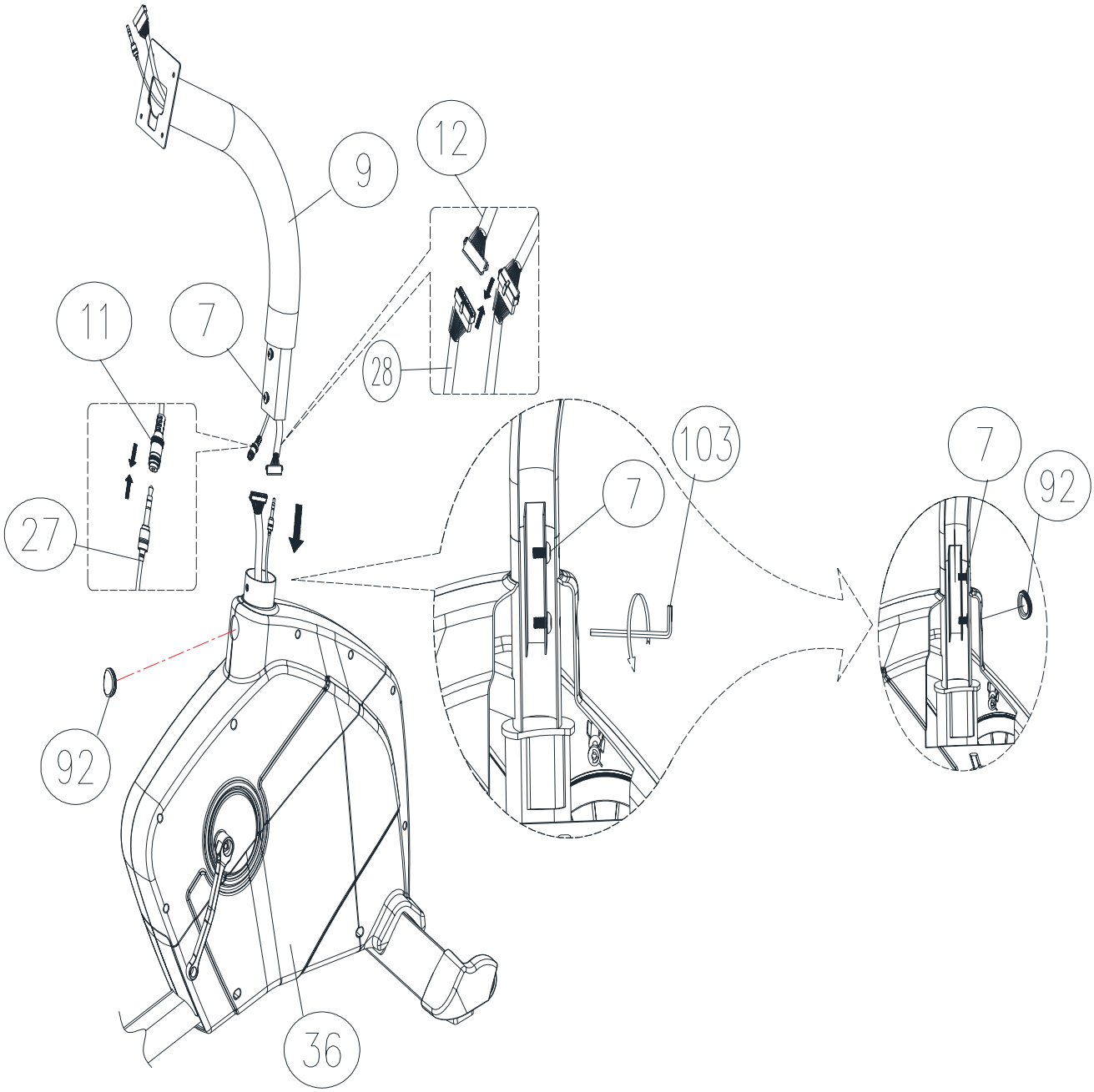
STEP 5

1.) Connect the Lower hand pulse cable (56) with Middle hand pulse cable (27).
2.) Attach the Seat support tube (78) onto the main frame (36) and secure it with 6×M8 Allen Bolts (7), 6×M8 Spring washers (6) and 6×M8 Curved washers (5).
3.) Adjust the position of seat pad front and back.
4.) Turn the knob to get the comfortable back pad position.



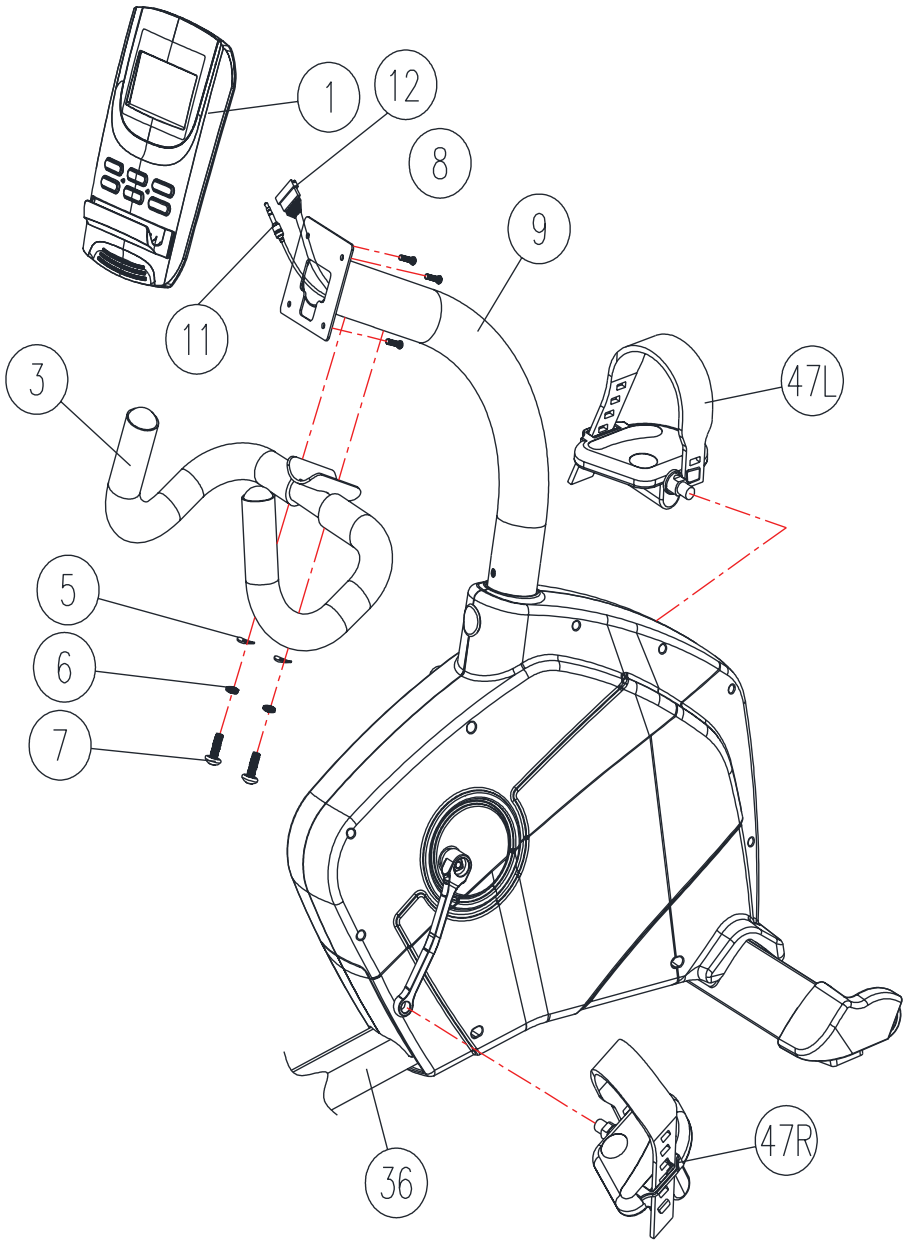
STEP 6

1) Pre-assemble the 2×M8 Allen Bolt (7) on the handlebar post clockwise. You must tighten the screws down to fit the Handle Bar Post (9) into the Main Frame (36).
2) Connect the Upper hand pulse cable (11) with Middle hand pulse cable (27).
3) Connect the Upper computer cable (12) with Lower computer cable (28).
4) Insert the Handlebar post (9) into the Main Frame (36), loosen the 2×M8 Allen Bolt (7) in a counter clockwise direction, this will secure the post. Attach the plastic cover (92) onto the Main Frame (36).



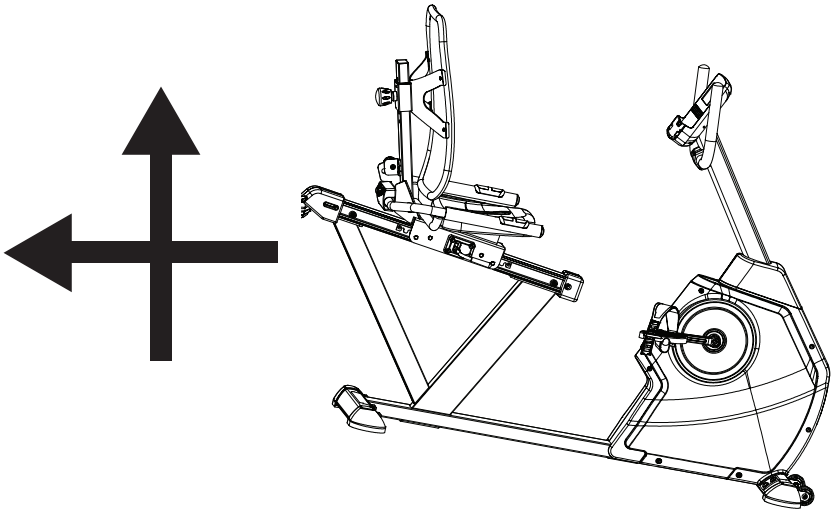
STEP 7

1) Attach the pedal (47L+R) onto the left and right crank arms
2) Connect the upper computer cable (12) and Upper hand pulse cable (11) with the appropriate cables on the back of the computer (1).
3) Attach the Computer (1) onto the Handlebar post (9) and secure it with 4 screws (8).
4) Attach the Handlebar (3) onto the handle bar post (9) and secure it with 2×M8 Allen Bolt (7), 2×M8 Spring washer (6) and 2×M8 Curved washer (5).

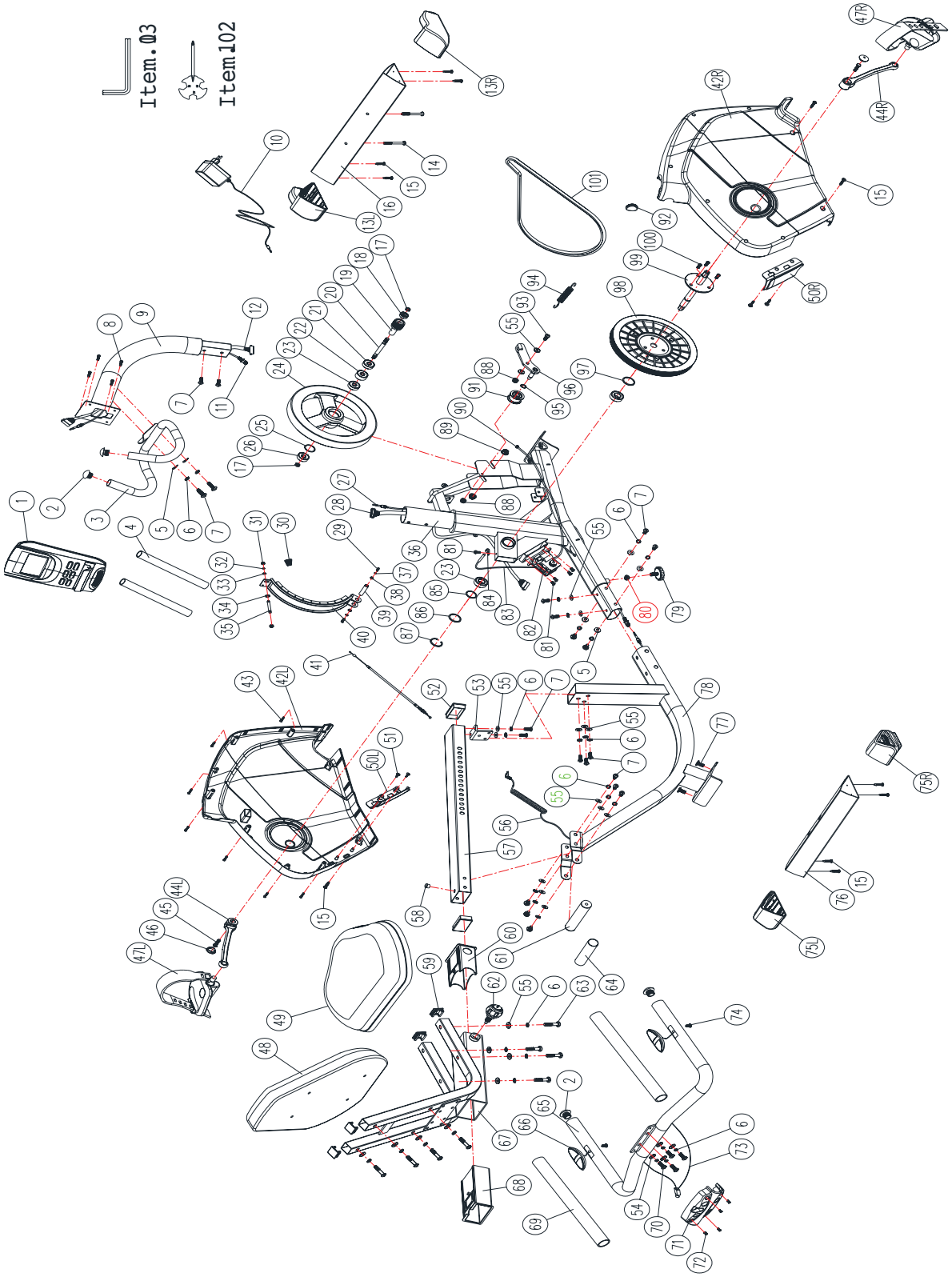


MOVING THE MACHINE

To move the machine to a new location, tilt the bike forward and roll the machine on the transport wheels.



EXPLODED VIEW DRAWING



BLADEZ

PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

Part No.	Description	Qty
R400-1	Monitor	1
R400-2	End cap	4
R400-3	Handlebar	1
R400-4	Foam	2
R400-5	Curved washer D8xD9x1.5	6
R400-6	Spring washer D8	31
R400-7	Allen bolt M8x20	21
R400-8	Screw M5x12	4
R400-9	Handlebar post	1
R400-10	Adaptor	1
R400-11	Upper hand pulse cable 700L	1
R400-12	Upper computer cable 700L	1
R400-13L	Front end cap (L)	1
R400-13R	Front end cap (R)	1
R400-14	Allen bolt M8x57	2
R400-15	Screw M5x15	12
R400-16	Front stabilizer	1
R400-17	Nut M10x1.25x4T	2
R400-18	Bearing 6000 2RS	1
R400-19	Small belt wheel D34	1
R400-20	Flywheel axle D10x114	1
R400-21	Bearing 6203 2RS	1
R400-22	One way bearing D35x17	1
R400-23	Bearing 6003 2RS	3
R400-24	Flywheel	1
R400-25	Washer D30xD34x1T	1
R400-26	Bearing 6300 2RS	1
R400-27	Middle hand pulse cable 1050L	1
R400-28	Lower computer cable 650L	1
R400-29	Bolt M6x16	2
R400-30	Spring D15xD9xD1x52	1
R400-31	Nylon nut M6	2
R400-32	Washer D6.5xD19x1.5T	1
R400-33	Plastic washer D6.5xD22x1.5T	1
R400-34	Nut M6	1
R400-35	Bolt M6x80	1
R400-36	Main Frame	1
R400-37	Spring washer M6	2
R400-38	Washer D6xD13x1.5T	2

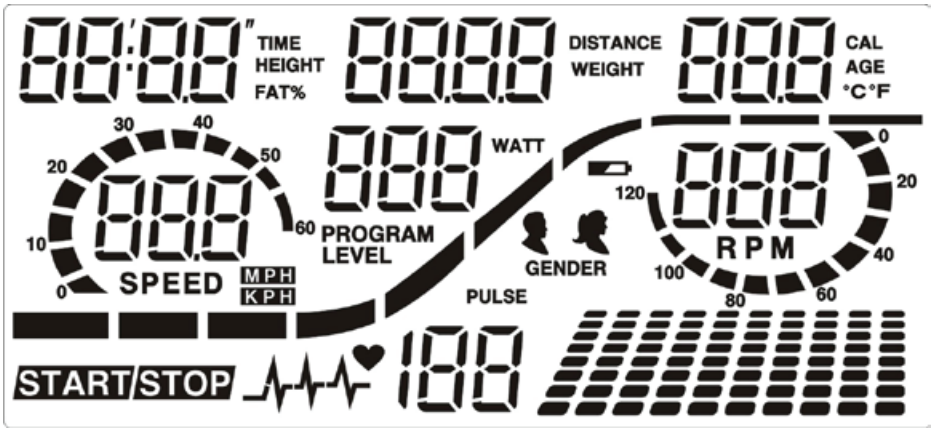
Part No.	Description	Qty
R400-39	Axle for magnet holder D12	1
R400-40	Magnet holder	1
R400-41	Tension cable 400L	1
R400-42L	Chain cover (L)	1
R400-42R	Chain cover (R)	1
R400-43	Screw M4x25	6
R400-44L	Crank (L)	1
R400-44R	Crank (R)	1
R400-45	Anti-loose screw M8x20	2
R400-46	Crank end cap	2
R400-47L	Pedal (L)	1
R400-47R	Pedal (R)	1
R400-48	Backrest	1
R400-49	Saddle	1
R400-50L	Rear plastic cover (L)	1
R400-50R	Rear plastic cover (R)	1
R400-51	Screw M4x10	4
R400-52	End cap	2
R400-53	Connecting plate	1
R400-54	Washer D8xD16x1.5T	4
R400-55	Washer D8xD19x1.5T	23
R400-56	Lower hand pulse cable 1400L	1
R400-57	Sliding beam	1
R400-58	End cap	1
R400-59	End cap	4
R400-60	Bushing	1
R400-61	Handlebar	1
R400-62	Knob	1
R400-63	Allen bolt M8x45	8
R400-64	Foam	1
R400-65	Rear handlebar	1
R400-66	Hand pulse pads	2
R400-67	Seat post	1
R400-68	Bushing	1
R400-69	Foam	2
R400-70	Allen bolt M8x12	4
R400-71	Plastic cover	1
R400-72	Screw	4
R400-73	Hand pulse cable 600L	1
R400-74	Self-tapping screw	2
R400-75L	Rear end cap (L)	1

PARTS LIST CONTINUED

Part No.	Description	Qty
R400-75R	Rear end cap (R)	1
R400-76	Rear stabilizer	1
R400-77	Allen bolt M8x20	2
R400-78	Seat support tube	1
R400-79	Base leveler M10x38	1
R400-80	Nut M10	1
R400-81	Screw M5x12	5
R400-82	Motor	1
R400-83	Sensor cable 300L	1
R400-84	Sensor set	1
R400-85	Waved washer	1
R400-86	Washer	1
R400-87	C shape washer	1
R400-88	Nut M8	2
R400-89	Nut M10	2
R400-90	DC cable 600L	1
R400-91	Idler wheel	1
R400-92	Plastic cover	1
R400-93	Allen bolt M8x20	1
R400-94	Spring	1
R400-95	Waved washer D10xD15x0.3T	1
R400-96	Idler rack	1
R400-97	Washer D17xD22x2T	1
R400-98	Belt wheel	1
R400-99	Pedal axle	1
R400-100	Allen bolt M8x15	3
R400-101	Belt	1
R400-102	Wrench	1
R400-103	Allen key wrench	1

The Drive Belt is an expendable item which becomes worn during normal use

CONSOLE OPERATIONS



A. PROGRAM SELECTION AND SETTING VALUE

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.

2. During the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.

3. Press the START/STOP key to start exercise.

4. When you reach the target, the computer will produce beep sounds and then stop.

5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep exercising.

B. WAKE-UP FUNCTION

The monitor will enter SLEEP mode (LCD off) when there is no signal input and no key pressed after 4 minutes. Press any key to start the monitor.

C. FUNCTIONS AND FEATURES:

1. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping and reset itself to the original time set, letting you know your workout is done.

2. DISTANCE: Displays the cumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.

3.RPM: Your pedal cadence.

4.WATT: The amount of mechanical power the computer is receiving from your exercise.

5. SPEED: Displays your workout speed value in KM/MILE per hour.
6. CALORIES: The computer will estimate the cumulative calories burned at any given time during your workout.
7. PULSE: The computer displays your pulse rate in beats per minute during your workout.
8. AGE: The computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
9. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate and is measured in beats per minute.
10. PULSE RECOVERY: During the START stage, make sure your hands are on the pulse grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key. Time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0 means OUTSTANDING
1.0<F<2.0 means EXCELLENT
2.0≤F≤2.9 means GOOD
3.0≤F≤3.9 means FAIR
4.0≤F≤5.9 means BELOW AVERAGE
6.0 means POOR

Note: If there is no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are in contact with the pulse grips or the chest transmitter is attached.

11. DISTANCE BAR: Every bar indicates 100 meters or 0.1 mile.

D. KEY FUNCTION:
There are 6 button keys and the function are as follows:
START/STOP key:
a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero
b. During the exercise mode, press the key to STOP exercise.
c. During the stop mode, press the key to START exercise.
2. UP key:
a. Press the key to increase the resistance during exercise mode.
b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.

3. DOWN key:
a. Press the key to decrease the resistance during exercise mode.
b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select to Gender and Program.
4. ENTER key:
a. In settings mode, press the key to accept the current data.
b. In the stop mode, by holding this key for over two seconds the user can reset all values to zero or default values.
c. When setting the Clock, press this key to confirm hours and minutes.
5. BODY FAT key: Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio.
6. PULSE RECOVERY key: Press this key to activate the heart rate recovery function.

E. PROGRAM INTRODUCTION & OPERATION:

Manual Program: Manual

P1 is a manual program. User can start to exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desired resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

OPERATIONS:

1. Use UP/DOWN keys to select MANUAL (P1) program.
2. Press the ENTER key to enter MANUAL program.
3. TIME will flash and you can press the UP or DOWN keys to set your exercise TIME. Press the ENTER key to confirm your desired TIME.
4. DISTANCE will flash and you can press the UP or DOWN keys to set your target DISTANCE. Press ENTER the key to confirm your desired DISTANCE.
5. CALORIES will flash and you can press the UP or DOWN keys to set your exercise CALORIES. Press ENTER the key to confirm your desired CALORIES.
6. PULSE will flash and then you can press the UP or DOWN keys to set your exercise PULSE. Press ENTER the key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

PRESET PROGRAMS:

Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 are the preset programs. Users can exercise with different levels of resistance in different intervals as the profiles show. Users may exercise in any desired resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

OPERATIONS:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press the ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press the UP or DOWN keys to set your target DISTANCE. Press the ENTER key to confirm your desired DISTANCE.
5 The CALORIES will flash and you can press the UP or DOWN keys to set your exercise CALORIES. Press the ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press the UP or DOWN keys to set your exercise PULSE. Press the ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

USER CUSTOM PROGRAMS: USER 1, USER 2, USER 3, USER 4

Program 14 to 17 are the user custom programs. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the resistance while exercising in each column with the UP/DOWN keys. They will not change the resistance level stored in the memory.

OPERATIONS:

1. Use UP/DOWN keys to select the CUSTOM program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. Column 1 will flash, use the UP/DOWN keys to create your personal exercise profile. Press the ENTER key to confirm your first column exercise profile. The default level of resistance is 1.
4.The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press the UP or DOWN keys to setting your exercise TIME.

Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press the the UP or DOWN keys to set your target DISTANCE. Press the ENTER key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press the UP or DOWN keys to set your exercise CALORIES. Press the ENTER key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press the UP or DOWN keys to set your exercise PULSE. Press the ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

HEART RATE CONTROL PROGRAM:
55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Programs 18 to Program 22 are the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program:

Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%
Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%
Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%
Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%
Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

OPERATIONS:
1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. for program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press the ENTER key to confirm your desired TIME.

6. The DISTANCE will flash and you can press the UP or DOWN keys to set your target DISTANCE. Press the ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press the UP or DOWN keys to set your exercise CALORIES. Press the ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

BODY FAT PROGRAM: BODY FAT

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific resistance profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27
Type2: 27 ≥ BODY FAT% ≥ 20
Type3: BODY FAT % < 20
The computer will show the test results of FAT PERCENT

OPERATIONS:

1. Use UP/DOWN keys to select the BODY FAT (P24) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press the UP or DOWN keys to set your HEIGHT. Press the ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5 feet 7 inches).
4. The WEIGHT will flash and you can press the UP or DOWN keys to set your WEIGHT. Press the ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press the ENTER key to confirm your Gender. The default sex is 1 (MALE).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press the ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window shows E, then secure. Please make sure your hands gripping the pulse grips or the chest belt is secure well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of FAT PERCENT on the LCD display.
9. Press the START/STOP key to begin exercise.

OPERATION GUIDE:

1. SLEEP MODE:

The computer will enter the sleep mode when there is no signal input and no keys are pressed after 4 minutes. You can press any key to wake up the computer.

Error Message:

2. ERRORS

a. E1 (ERROR 1):

Normal state: During workout, when the monitor did not receive a signal from the gear motor for more than 4 seconds and checks 3 successive times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal to the motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other functions are blank, and the output signals are cut off.

b. E2 (ERROR 2):

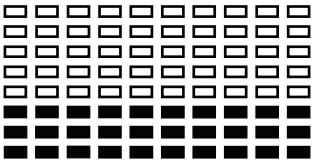
When the monitor read the memory data, if the I.D. code is not correct or the memory IC is damaged then the monitor will show E2 immediately at power on.

c. E3 (ERROR 3):

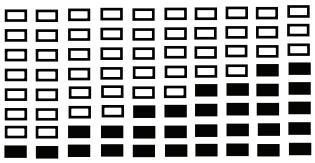
After 4 seconds in start mode, the computer detects the motor did not leave the zero point then the LCD bar displays "E3".

LCD Workout Graphics
PRESET PROGRAM PROFILES:

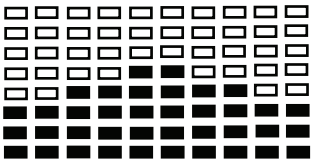
MANUAL



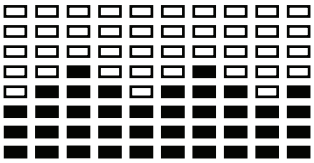
STEPS



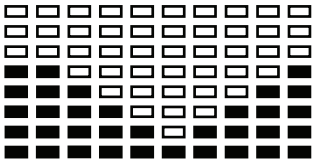
HILL



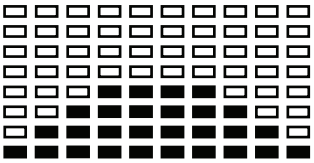
ROLLING



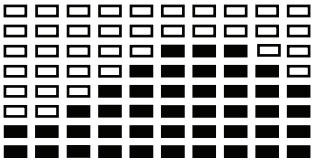
VALLEY



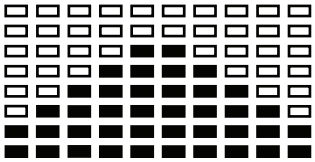
FAT BURN



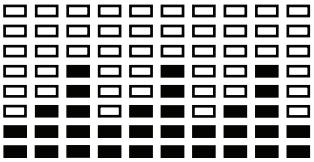
RAMP



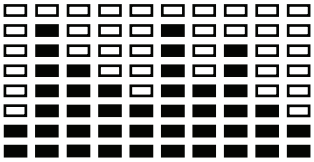
MOUNTAIN



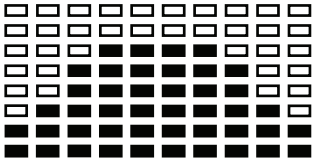
INTERVALS



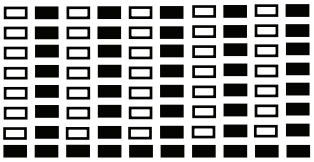
RANDOM



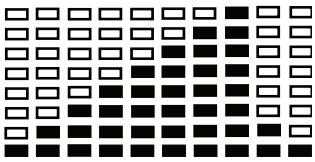
PLATEAU



FARTLEK



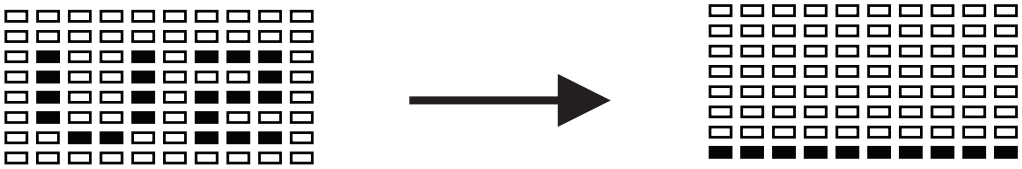
PRECIPICE



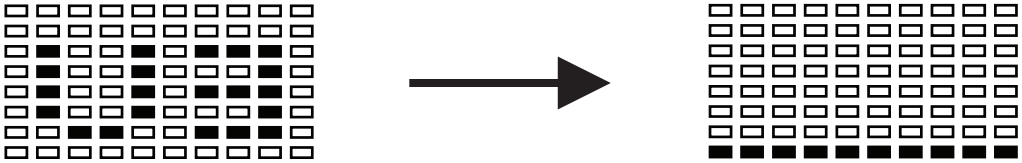
USER SETTING PROGRAM

PROGRAM 14
USER 1

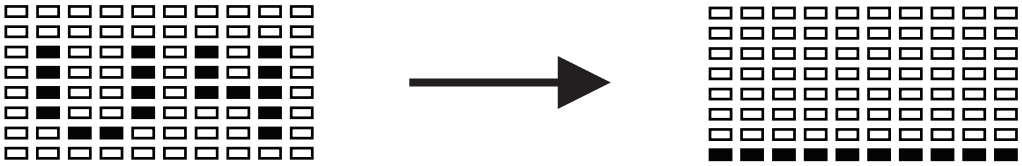
PROGRAM 15
USER 2



PROGRAM 16
USER 3



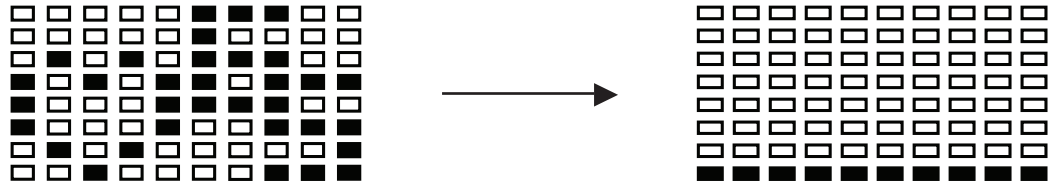
PROGRAM 17
USER 4



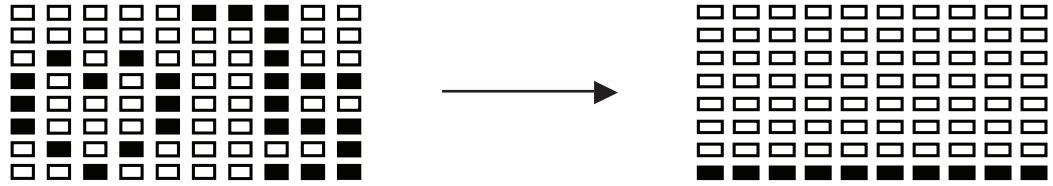
HEART RATE PROGRAM PROFILES:

PROGRAM 18

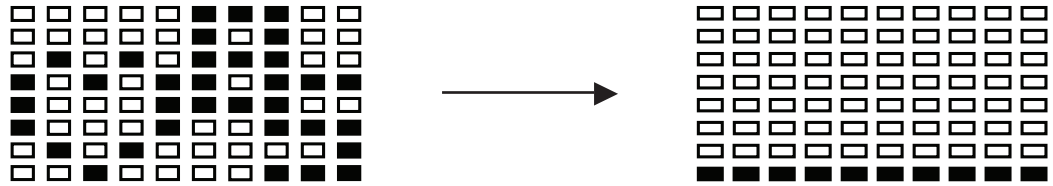
PROGRAM 19
65 % H.R.C.



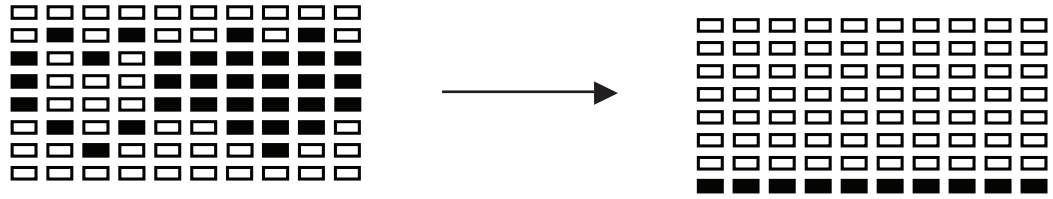
PROGRAM 20
75 % H.R.C.



PROGRAM 21
85 % H.R.C.



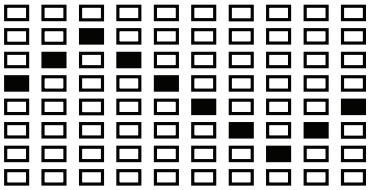
PROGRAM 22
TARGET H.R.C.



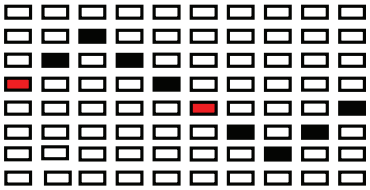
BODY FAT TEST PROGRAMS

PROGRAM23

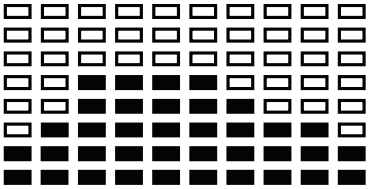
BODY FAT (STOP MODE)



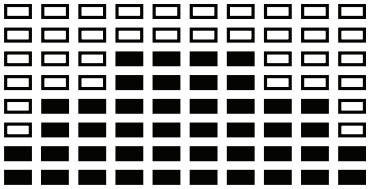
BODY FAT (START MODE)



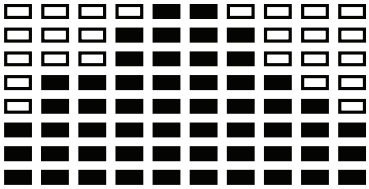
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



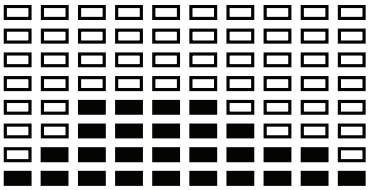
Workout Time: 40 mins.



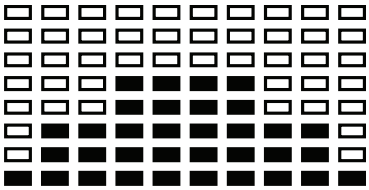
Workout Time: 40 mins.



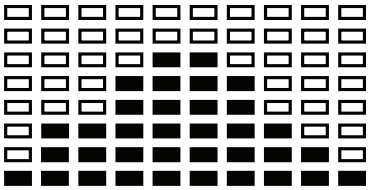
Workout Time: 20 mins.



Workout Time: 40 mins.



Workout Time: 40 mins.



Workout Time: 20 mins.

MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

WARRANTY

LIMITED RESIDENTIAL WARRANTY

Bladez Fitness will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and one (1) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BladezFitness.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BLADEZ FITNESS FIRST.

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